

Step 1

Weigh Yourself Every Day



Weigh yourself every morning when you get up right after you go to the bathroom.

Write down your weight each day in a notebook or calendar. Show your medical provider the notebook at each visit. **Call your provider if you gain more than 5 pounds in a week.**

Step 2

ACE inhibitor pills and beta blockers— Good for your heart:

Talk to your medical provider to see if these medicines are right for you. This type of heart medicine will help you:

- **Stay out of the hospital**
- **Live longer**
- **Feel better**
- **Have more energy**



Step 3

Know the Signs and Symptoms of a Heart Flare up



Call your medical provider if you notice any of these problems.

- **Swelling in the ankles, feet, legs or abdomen**
- **Trouble breathing when you are doing normal activities, resting or sleeping**
- **Sudden weight gain**
- **Dry cough or coughing at night**
- **Feeling more tired or weak than usual**



Step 4

Get a Flu Shot

Getting the flu can be very dangerous for people with heart problems. Ask your medical provider about getting a flu shot every fall.

Step 5

Avoid or Limit Salt and Salty Foods

Salt can make your body hold water. Extra water in your body makes it hard for your heart to pump. Do not salt your foods.

Healthy foods to eat

- **fresh or frozen vegetables**
- **fruits**
- **fresh fish, poultry and lean meat.**

Step 6

Know Your Blood Pressure Target

High blood pressure raises the risk for health problems. Have your blood pressure checked every time you see your medical provider. Ask your provider if your target is 140/90 or lower.

If your blood pressure is high ask your provider how you can lower it. Ask your provider if you need blood pressure medicine. If you are taking blood pressure medicine, take it just how your provider told you to.

Call the **Nurse First Heart Program** at 1-800-???-???? anytime you are sick, hurt or have a health question. The nurses are there 24 hours a day, 7 days a week.



Feel Better Taking Care of Your Heart

The Nurse First
Heart Program from
Montana Medicaid

